

The Veterans Voice

SPRING 2005



Resident Woodworking Group Crafts Handmade Memorial Flag Cases

By Fay Mahoney, Volunteer

From time to time older Americans decide to move into smaller living quarters.

In the process they have yard sales, give items of historical value to family and friends and in the worst scenario, toss items of value in the city landfill and/or transfer station.

This is the case of some of the Veterans at the New Hampshire Veterans Home who are enjoying a new recreational outlet: woodworking. Enormously popular with those Veterans able to get involved is a common statement, "I wish I had all those woodworking tools I had before moving in at the Veterans Home. The table saws, jig saws and jigs would come in handy here."

The Recreation Department is always searching for new activities that can be adapted to the lives of the residents. Charles "Chuck" Lewis of the Recreation Department came up with the idea of woodworking, a viable activity that not only uses some of the quality talents and energy of veterans, but it also gives them an opportunity to make something worthwhile beyond bird houses.

This gave birth to the idea of making the Memorial Flag cases for the American flags presented at funerals for veterans!

The Disabled American Veterans—Department of New



Residents presented Commandant Barry Conway with the first memorial flag case that was completed under the program. Pictured left to right are Resident Forrest Foley, Commandant Barry Conway, Chuck Lewis, Resident Ken Main and Resident David Whitney.

INSIDE THIS ISSUE:

Resident Woodworking Group	1
Upcoming Events	3
Employee Update	4
Paul Walsh - DAR Outstanding Veteran-Patient	5
Welcome to Our Home	7
Veterans Home is "Moving to Main Street"	8
National Volunteer Appreciation Week	9
In Loving Memory	10
Poet's Corner	11
Memorials and Tributes	12
Bridging the Generation Gap	13
Faces and Places	14
Holidays and Celebrations	15

(Continued on page 2)

(Continued from page 1)

Hampshire provided start-up funding for the project with a donation of \$1,000 to buy the supplies to make the kits for the men to work with. This was followed with monetary gifts for materials from the American Legion, individuals and residents who don't particularly like working with wood, but recognize the value of such a meaningful project as the flag cases.

Then came the need to have the wood cut to size and shape for the frames. Chuck was able to get assistance from the employees at Spaulding Youth Center to cut the wood into 24 individual kits.

As a man with no experience in woodworking, Chuck is impressed with the enthusiasm of the project and plans to keep it going as other ideas germinate from this one. "I was taking a course on activities, and from this I came up with this idea," Chuck said. "We will keep it going," he modestly exclaimed.

The cards enclosed with the finished flag holders will list the supporters. It is the hope of the Veterans Home leadership that they will be able to expand this program into other kits. Perhaps with the additions planned to the Veterans Home, the woodworking group will be able to utilize some space in the Maintenance Department or in the expanded Recreation Room.

Chuck is a Vietnam Era veteran with the Navy whose woodworking experience since being discharged in 1975, has been limited to home owner remodeling. That is just fine with the residents, he has won their support.

Beyond that, Chuck garnered an "A" and a certificate/diploma from St. Joseph School of Health in Nashua for his work in Part 1, Basic Education Course that concentrated on "Modular Education for Activity Professionals." It was this course that was the impetus for Chuck to create the woodworking activity at the

NH Veterans Home. For his "A" and all his efforts, he was awarded the certificate of achievement on April 7, 2005. All the Veterans in the woodworking program applaud Chuck's work on their behalf. His studies meant regular trips to Nashua to complete the 90 hours of theory and 90 hours of clinical practice.



Chuck Lewis assists Residents Forrest Foley (standing) and Elwyn Ford (seated at right) with the initial assembly of memorial flag cases.



Resident Armand Tremblay puts the final coat of stain on one of the first memorial flag cases.

A Preview of Upcoming Events

We hope that you will join us for one or more of the following occasions. There are numerous opportunities for you to become involved as we honor our veterans, celebrate the holidays, and participate in recreational activities. The following dates are subject to change, so please call ahead if you plan to attend one of the following events or if you or your organization would like to become involved in sponsoring an event or outing. Family members are encouraged to check their monthly events calendar mailings for a more complete listing of activities. We look forward to seeing you!

May 2005

Our Annual **Memorial Day** Ceremony will be held on Monday, **May 30, 2005**. Please note that this date has changed from the one previously reported in our Winter 2005 newsletter.

June 2005

Save the Date for our **Second Annual Motorcycle Poker Run** on **Saturday, June 11, 2005**. To participate, sponsor or volunteer for the event, contact Lisa-Marie Mulkern at 527-4400. You can also access and print a rider registration form online at www.nh.gov/veterans

July 2005

The **39th Army Band** will be performing at NHVH on **July 8, 2005** at 1:30 p.m.

Volunteers and Supporters will be honored during our **Annual Appreciation Day Picnic** that will take place on **Saturday, July 9, 2005**.

August 2005

Commemorative Celebration of the **60th Anniversary of V-J Day** on **August 14, 2005**.

****Please note that this date has changed from the one previously reported in our Winter 2005 newsletter.**

September 2005

Staff Appreciation Day is scheduled for **September 8, 2005**. Join us on **September 10, 2005 for the Annual POW/MIA Vigil**.

October 2005

Family and friends are encouraged to join us for the **Annual Harvest Ball** on **October 10, 2005**. The Harvest Ball is a tradition that dates back to the early decades of the home when a working farm supplied the Residents with much of their food.

Employee Update

NHVVH applauds the efforts of its dedicated staff. The following employee update covers the period from January 1, 2005 through March 31, 2005.

Welcome to our New Employees...

Employee Name	Position	Date of Hire
Rebecca Ladd	Nursing Assistant II	1/03/05
Carolyn Pillsbury	RN III	1/03/05
Michael Gagnon	Food Service Worker II	1/07/05
Debra McCarthy	Food Service Worker II	1/07/05
Diane Harris	Chauffeur	1/21/05
Lyn Tripp	Health Facilities Cleaner II	1/21/05
Lea Vachon	Nursing Assistant Trainee	1/24/05
Kelcie Wakefield	Nursing Assistant I	1/24/05
Diane Tilton	Nursing Assistant Trainee	1/24/05
Shelly McAlpine	Health Facilities Cleaner II	1/28/05
Angel Allard	Nursing - Shift Supervisor	1/28/05
Rachel Roberts	Health Facilities Cleaner II	2/01/05
Lillian LaFerriere	Health Facilities Cleaner II	2/04/05
Heather Jardullo	Secretary II	2/04/05
Mary Renn	LPN	2/14/05
Kerri Morrill	Nursing Assistant II	2/18/05
Dale Paris	Building Service Worker III	2/18/05
Angelique Mosher	Recreation Therapist Assistant II	2/18/05
Diedre Moody	Nursing Assistant Trainee	2/18/05
Kimberly Michaud	Social Worker II	3/04/05
Shirley Burgess	Nursing Assistant II	3/08/05
Jodie Boudreau	Nursing Assistant Trainee	3/18/05
Oliver Lesmerises	Building Service Worker III	3/18/05

(Continued on page 6)

Resident Paul Walsh Honored as DAR Veteran-Patient of the Year!

New Hampshire Veterans Home Resident Paul Walsh was recently honored by the National Association of the Daughters of the American Revolution as the Outstanding Veteran Patient of the Year. Mr. Walsh attended an awards ceremony in which he was presented with a Certificate of Appreciation from Elaine S. Bean, New Hampshire State Regent and Cynthia Sweeney, State Chairman of the DAR-New Hampshire. The annual award is given in special recognition of outstanding contributions to country and fellow veterans and for selfless sharing in caring for assisting veterans and veteran-patients.

Paul has developed a lifetime habit of giving back to his community whatever he could – his time and money. Almost from the time he moved to the New Hampshire Veterans Home from his former home in Rochester in 1996, Paul volunteered his time at the Twin Rivers Intergenerational Program (“TRIP Center”) – a senior citizens’ center – in nearby Franklin. There he immediately immersed himself in the work of the center, helping to make as many as 75 visitors each day feel welcome and connected. He spent much time in the kitchen, keeping morning food and drink available, getting hot food served up for the noon meal, and cleaning up. While at the TRIP Center, Paul was voted “Volunteer of the Month” being cited as one of their best – a very generous, giving person.

Since retiring from the senior citizens’ center last year, Paul dedicates his time to assisting at the Veterans Home, serving morning coffee to other residents, escorting residents to recreational activities and church services, and helping out in any way that he can.

Paul continues to be a contributor to seacoast service organizations, including the Rochester Youth Connection, the St. Charles Children’s Home, and the Strafford Guidance Center. Often he gives in his father’s memory to organizations such as Special Olympics, Easter Seals, and the Jimmy Fund. Mr. Walsh also provides an annual scholarship gift to a graduating student at Belmont High School for the purpose of purchasing college textbooks.

Residents, staff and volunteers of the New Hampshire Veterans Home all agree that Mr. Walsh was most deserving of this honor.



NHVN Resident Paul Walsh was recently honored as the DAR Veteran Patient of the Year. Alice Brown, Assistant to the Commandant (left) and Lisa Perry, Volunteer Coordinator (right) accompanied Mr. Walsh to the DAR awards presentation dinner held recently in Plymouth.

Employee Update

...(continued from page 4)

Congratulations to the following employees on their recent promotions:

Employee Name	Position	Date of Promotion
Cynthia Harbour	Switchboard Operator	1/07/05
Shirley McPhail	Health Facilities Cleaner III	1/07/05
Linda King	Laundry Worker III	1/21/05
Ramona Blake	LPN III	1/21/05
Kelly Audet	Secretary II	1/21/05
Diane Cooper	Nursing Shift Supervisor	1/28/05
Virginia Martell	Payroll Officer I	2/04/05



The Employee Appreciation Fund continues to receive support from the monthly gift basket raffles. From left are Liz Stedman, Social Worker-Tarr North Unit and Brenda Mottram - Nurse Manager - Tarr North Unit along with Sandy Valtz, Infection Control and Quality Assurance. Sandy was the lucky winner of the February drawing for a basket filled with Valentine's Day goodies!

The Employee Appreciation Fund is overseen by an inter-departmental committee that is responsible for planning events such as National Nursing Home Week and Staff Appreciation Day activities.

New Hampshire Veterans Home—Board of Managers

Joseph Vitale, Chairman of the Board, (Disabled American Veterans)

Donald R. Caron, Secretary of the Board, (Veterans of Foreign Wars)

Wanda Furbish, (Disabled American Veterans Auxiliary)

William Hooley, (American Legion - Department Commander)

Kevin McKeating, (Veterans of Foreign Wars - Department Commander)

Richard L. Murphy (Marine Corps League - Commandant)

Thomas J. Ritzman (Disabled American Veterans - Department Commander)

Anthony J. Romano, Jr. (Marine Corps League)

Robert Wyman (American Legion)

Welcome to Our Home

New Residents joined us at the New Hampshire Veterans Home as of the dates indicated. Fellow residents and staff members extend a warm welcome.

John Furdeck	1/11/05
Richard Parker	1/13/05
George Simpson	1/20/05
Bruce Fred	1/25/05
Edwin Burt	2/01/05
Herbert Moore	2/22/05
Angelo Girolimon	2/28/05
Elizabeth Nason	3/02/05
Ernest Saunders	3/08/05
Samuel MacKenzie	3/10/05
William Sirois	3/14/05
William Tierney	3/15/05
Frederick Campbell	3/17/05
Charles Converse	3/21/05
Gary Fred	3/22/05
Maurice McCarthy	3/23/05
Roland Vallee	3/28/05
Gerald Hancock	3/30/05

Acoustic Café

If you like music, be sure to join us in the Acoustic Café that is held the first Monday of the Month at 6:30 p.m.

The Acoustic Café is a recent addition to our monthly calendar of events.
See you there!

Ladies Tea

Women of the New Hampshire Veterans Home are invited to the Recreation Room at 2:00 p.m. on the first Wednesday of each month for a tea social.



If you would like to sponsor an event for our Residents, please contact us.

Members of the VFW Ladies Auxiliary sponsored a St. Patrick's Day Party for Residents of our Life Enhancement Dementia Unit. (See picture at left.)

Veterans Home is “Moving to Main Street”

The long-awaited expansion and renovation of the New Hampshire Veterans Home Recreation Room is about to break ground. Plans are underway for the creation of a “Main Street” style recreation room and community space that will provide our Residents with access to all of the services that a traditional Main Street offers. The New Hampshire Veterans Home “Main Street” will include a new “theater”, “diner” and “barber/beauty shop” as well as extensive renovations to the existing “church”, “library”, “gym”, “store” and much more.

The plans to convert the recreation room into a “Main Street” are part of a larger life/safety improvement project that is funded by a grant from the State Home Construction Program of the U.S. Department of Veterans Affairs. In addition to “Main Street”, the grant has enabled NHVH to upgrade its existing sprinkler system, improve dietary facilities and construct a new maintenance building.

The total project cost is \$2,570,000, of which the U.S. Department of Veterans Affairs will contribute \$1,670,000, and the State of New Hampshire will contribute the remaining \$900,000.

Our interior design team comprised of Residents, Staff and Volunteers are busily planning ways in which we can incorporate various New Hampshire Main Street themes into our new space. We envision numerous opportunities for items that will enable our Residents to reminisce about the Main Streets of their own hometowns from throughout the Granite State. Stay tuned for additional details and ways that you can support our efforts. We will be providing more information in future issues of *The Veterans Voice*, in the press and on our website at www.nh.gov/veterans.



Members of the Construction Planning Committee have been meeting regularly to discuss the project's timeline. The project is scheduled for completion in December 2005. Seated clockwise from left are Ty Hackett, Whitcher Builders; NHVH Commandant Barry Conway; H. Dana Abbott, Department of Public Works; Don King, Amoskeag Architectural Group; Frank Gilbert, Facility Services and Jim Dall, Business Administrator.

National Volunteer Appreciation Week

The New Hampshire Veterans Home celebrated National Volunteer Appreciation Week (April 17-23) by honoring both people and pets for their dedicated service to NHVH Residents. During a volunteer appreciation luncheon that was held at Mr. D's Restaurant in Franklin, Volunteer Coordinator Lisa Perry thanked everyone in attendance for their year round efforts towards ensuring that NHVH Residents receive the highest quality of care in a homelike setting. Whether assisting with a special event, accompanying Residents on group outings or providing friendship and conversation, volunteers are truly valued for their dedication and thoughtfulness.

The following individuals were honored for their volunteer efforts: June Bartlett, Joanne Berry, Lillian Blaikie, Terry Bobseine, Agnes Brown, Caleb Child, Larry Clendenin, Debbie Cregg, Ted Cooms, Rhoda Crowell, Dennis Dawalga, Kim Dow, Morgan Fitzpatrick, Cindy Gonnerman (and her Guide Dog Daniel), Amanda Hamilton, Ida Harris, Mary Hicks, Robert Landry, John Lichty, Geoffrey Lines, Jason Lyford, Fay Mahoney, Lillian McCrelis, Freda McHugh, Peter Michaud, Chuck Moore, Bridget O'Shea, Susan Paquin, George Sheldon,



New Hampshire Veterans Home's Volunteers were honored recently at a luncheon celebration for National Volunteer Appreciation Week.

Charles Stickney, Arnold Stock, Carol Tiede, Oscar (Russ) Toce, Ethel Whelpley, Shelly Wood and Roy Woodward.

While the people were enjoying a catered affair, NHVH therapy pets happily feasted upon a bag lunch complete with a tennis ball, tasty chews and crunchy biscuits. A total of seven certified pet therapy teams visit regularly with NHVH Residents. The current teams are Lisa-Marie Mulkern and Bandit, a German Shepherd/Labrador Retriever mix; Karen Kearney and Velma, a Toy Poodle; Mina Ayers and Lukla and Nanda, both Smooth Collies; Donna French and Hannah, a German Shepherd; Philip Court and Ella, a Yellow Labrador Retriever; John Woods and Buddy, a German Shepherd and Bill Losefsky and Rudy, a Golden Retriever.



Resident Vernon Vermouth presents therapy dog Velma with her bag of treats for a job well done!

In Loving Memory

The New Hampshire Veterans Home extends its deepest condolences to the loved ones of the following Residents who recently passed away. We are grateful for their service to this country and for the time that they spent with the NHVH family. Their presence will be greatly missed.

Name	Joined NHVH	Departed
Leonard Major	9/22/99	1/07/05
Dennis Grady	1/13/97	1/08/05
Lucien Normand	11/18/02	1/08/05
Ernest Levesque	5/04/04	1/13/05
John Criste	4/19/04	1/14/05
Thomas Lemos	9/08/04	1/15/05
Robert Robinette	5/05/03	1/15/05
Leo Murphy	7/29/04	1/26/05
Benjamin LeRoux	10/19/04	1/27/05
Felix LeBrun	1/27/00	1/31/05
Richard Tapply	6/14/04	2/04/05
Walter Dorsey	1/27/03	2/18/05
Raymond Pavlicek	7/15/03	2/24/05
Harold Ness	11/1/04	2/24/05
Frederick Lombardi	6/20/00	2/24/05
Verley Joscelyn	6/25/03	2/28/05
Elisa Beverstock	3/21/00	3/08/05
Leonard Paquette	6/22/04	3/11/05
Edwin Burt	2/01/05	3/20/05
Augustus Rice	4/29/00	3/25/05
Kenneth Elliot	11/13/00	11/17/04
Francis Burnham	11/09/04	3/31/05

When Boys Became Men

I was among good friends some sixty years ago,
We were in the service of our country then.
Young and full of life, ready to go,
Just boys, but soon to be men.

We were strong, healthy, and with a real purpose
To protect our families, our country's honor.
The mud was thick, the rain in surplus,
The thunder of guns, our hearts knew horror.

Months became years, we shed many tears,
And for mile upon mile we grew so tired.
We continued to carry a smile to hide our fears,
Whenever we must, our guns we fired.

At long last it was over, we reached Berlin,
Haggard, exhausted, our enemy finally defeated.
Home we came, our arms was our girl in,
To wed, raise a family, thinking all was completed.

We have grown old but our dreams are the same,
Many still experience those vivid nightmares.
Keeping us silent, at times, even in shame,
Remembering yet the awful night flares.

We are again together in the veterans home,
Not like the fox holes we all knew back then.
Some feeling trapped in body, as if still in Rome,
Even in fear, just as it felt back then.

Others do well for we are treated with respect,
We are honored, and loved by those who care.
This is our home now. Our families, oh how we reflect,
On the days of yesteryear we hold so rare.

Sad to say, old, ill, lonely and very alone,
Is many a hero, his stories untold.
His young wife gone, his children have flown,
Here he sits, no more strong and bold.

Some of us who were there and who hear their silent cry,
Salute them in remembrance for who they really are.
Heroes and men, brave, alert, willing to try,
For country, family, every stripe, and every star.

I stand proud to know them all,
Those boys I recall now and then.
They are heroes still, strong and tall,
For I honor and love those boys who became real men

Written by: Charles R. Safford, WWII Veteran, New Hampshire Veterans Home, January 5, 2005.

Memorials and Tributes

The New Hampshire Veterans Home Benefit Fund would like to acknowledge the following Memorials and Tributes that were received during the period January 1, 2005 through March 31, 2005.

In Memory of

Attilio Locicero	Lucien Normand	Dennis Grady
Ernest Levesque	Robert A. Brison	Jack Criste
Felix LeBrun	Thomas A. Lemos	Melvin Perkins
Fred Broga	Thomas R. Murphy	James Morris
Edgar Lariviere	David LaCasse	Al Nazer
Gerald Burnham	Jeremiah J. McKenna	

In Honor of

Ted Richard

Contributions to the NHVH Benefit Fund enrich the daily lives of our veterans through a variety of activities, entertainment, outings and equipment. Donations are tax-deductible to the extent allowed by law. If you would like to make a donation in memory or in honor of a family member or a friend, we will send a letter to that person or friend acknowledging your thoughtful contribution. We will also acknowledge your contribution in *The Veterans Voice*.

Donations may be made payable to "NHVH Benefit Fund" and mailed to New Hampshire Veterans Home, Development Office, 139 Winter Street, Tilton, New Hampshire 03276, or you may complete and return the enclosed envelope.

Bridging the Generation Gap

The National Council on the Aging defines intergenerational programs as “activities that increase the cooperation, interaction or exchange between any two generations. Such programs usually involve sharing of skills, knowledge or experience between old and young.” According to Matt Kaplan, Ph.D., Associate Professor of Intergenerational Programs and Aging at Penn State University, intergenerational initiatives function to promote educational objectives, arts and recreation interests, desired states of health and welfare, and religious and spiritual well being. Such programs have also been found to diminish ageist stereotypes, strengthen communities and lead to improved services for both young children and older adults.

The intergenerational program at the New Hampshire Veterans Home encourages individuals and organizations to bring forth their ideas for intergenerational activities involving our Residents. Young people frequently visit NHVH to provide musical entertainment, interview veterans for school projects, participate in recreational activities and assist with special events.

Liz Stedman, Social Worker and Intergenerational Coordinator, is very pleased with the results of recent events involving children. Over 40 local children participated in an Easter Egg Hunt in March. Following the hunt for eggs in which many Residents provided the participants with search tips, children joined with Residents for a post event celebration complete with ice cream, prizes and a visit from the Easter Bunny. The event was very successful and plans are underway to expand the search next year!

If you or your organization would like to become involved in intergenerational activities at the New Hampshire Veterans Home, contact Liz Stedman at (603) 527-4400 or via e-mail at Elizabeth.Stedman@nhvh.nh.gov. Liz would be happy to hear your ideas or to provide you with some of her own program recommendations.



The winners of the New Hampshire Veterans Home Easter Egg Hunt take time for a photo with the Easter Bunny during the post event ice cream social celebration.

Gift certificate prizes were awarded in three age group categories to the children who located the most eggs. The young ladies swept the event!

Faces and Places

**“In all things of nature,
there is something of the
marvelous.”**

- Aristotle



Volunteer Bridget O'Shea (top center) prepares to shuffle up and deal another hand of rummy to Residents (clockwise from right) Forrest Foley, Inga Pinciak and Vernon Vermouth.



Residents and Staff were pleased to welcome Members of the American Legion for a recent visit with the National Commander. Pictured from left are John Zachodny, State Adjutant; Tony Rabbia, Chef de Gare - NH Forty & Eight; John Neylon, Sr., Alternate National Executive Committeeman; Thomas P. Cadmus, National Commander and Benjamin Talford, National Executive Committeeman



NHVH Staff member Judy Reid looks on as Resident William Mertens visits with a goat and a cat; both animals call Judy's Beige Acres Farm their home.

Holidays and Celebrations



NHVH Housekeeping Department Staff members participate in the St. Patrick's Day Resident and Staff Coffee Social and Parade. Pictured from left are Alice J. Brown, Peggy Miller and Jo-Ann Griffin.

"A friend is one of the nicest things you can have, and one of the best things you can be."

- Douglas Pagels



Resident Ken Main (left) and Armand Tremblay (right) get ready to break the first game on the brand new pool table that was recently sponsored by Sons of the American Legion -Squadron #7 in Rochester, New Hampshire.



Kayla Sisco delivers an Easter basket of goodies to the Residents. The basket was assembled by and presented on behalf of the Student Council of Franklin High School. Resident Merrill Franklin accepted on behalf of NHVH.

New Hampshire Veterans Home
139 Winter Street
Tilton, NH 03276

Phone: 603-527-4400
Fax: 603-527-4402

Barry E. Conway, Commandant



WE'RE ON THE WEB!

WWW.NH.GOV/VETERANS

Reminder...

Please note that our mailing address, telephone number and fax number have changed.

New Hampshire Veterans Home
139 Winter Street
Tilton, NH 03276
Phone: 603-527-4400
Fax: 603-527-4402

Prsrt Std
U.S. POSTAGE
PAID
PERMIT No. 1478
CONCORD, NH 03301

About the Home

The New Hampshire Veterans Home was established in Tilton in 1890 as the Soldier's Home for Civil War Veterans. Today, the modern facility is home to men and women who have served their country and fellow New Hampshire citizens in World War II, Korea and Vietnam.

NHVVH is the only long-term care facility in the Granite State that is dedicated exclusively to veterans.

As a professional health care provider, NHVVH offers a full range of services including residential, medical/dental and nursing care as well as physical/occupational therapy, recreation, and dietetic and social services.

Chapel services, exercise groups, arts and crafts, shopping trips, live entertainment and various community outings support residents'

quality of life. NHVVH also offers inter-generational programs and animal-assisted recreational therapy. Dedicated staff members work in partnership with volunteers from surrounding communities and numerous service organizations to enrich our residents' lives.

NHVVH recently opened the 100-person Life Enhancement Dementia Unit that serves the needs of veterans who suffer from Alzheimer's and other related memory impairment disorders. The facility addition enables NHVVH to provide comprehensive long-term care services to a total of 250 Residents.

Additional information is available online at our website:
www.nh.gov/veterans